

502 Main St  
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Union, IA 50258



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www.heartofiowa.coop

## HEART OF IOWA'S 33RD ANNUAL TAR HEEL DAYS 5K RUN/WALK

Union Tar Heel Days is right around the corner. We would like to invite you to participate in the 33rd Annual 5K Run and Walk. This annual event will be held Saturday, August 3, 2024 in Union, with the Walk beginning at 7:45 a.m. and 5K Run will begin at 8:00 a.m. Sign-In is from 7:00 a.m. to 7:45 a.m. Both the walk and the run will be on a flat paved course. **NO PETS OR BIKES, PLEASE.**

Please fill out the registration below, and return it along with the \$20 Entry Fee made payable to Union Tar Heel Run. A shirt is included in registration for all runners & walkers. For more information go to our website at [www.heartofiowa.coop](http://www.heartofiowa.coop).

The age divisions for 5K Run are as follows: **Group 1:** 12 & Under; **Group 2:** 13 - 19; **Group 3:** 20 - 29; **Group 4:** 30 - 39; **Group 5:** 40 - 49; **Group 6:** 50 & over.

Everyone that "Pre-Registers" will be guaranteed a shirt that day!

Pre-Registration Deadline is Wednesday, July 17, 2024.

Shirt will be ordered for those who register after July 17.

**Check in - Saturday, August 3rd at Center & Main in Union**

*This is a timed race!*

**ONE REGISTRATION PER PERSON PLEASE**

### 2024 HEART OF IOWA TAR HEEL RUN/WALK REGISTRATION FORM

**SEND COMPLETED REGISTRATION FORM AND ENTRY FEE TO:**

Mail to: Union Tar Heel Run, PO Box 130, Union, IA 50258 -

Email: [cmorgan@heartofiowa.coop](mailto:cmorgan@heartofiowa.coop)

Make checks payable to: Union Tar Heel Run

For Official Use Only
# _____

Name: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

How did you hear about the 5k?

Radio      Facebook      Instagram      X      Other \_\_\_\_\_

Gender: Male      Female      Run or walk- Runner      Walker

Age Groups: Day of race (form is one per person)

Group 1: 12 & Under      Group 2: 13 - 19      Group 3: 20 - 29      Group 4: 30-39

Group 5: 40-49      Group 6: 50 & Over

Shirt Size: Small      Medium \_\_\_\_\_      Large \_\_\_\_\_      XLarge      XXLarge

Youth sizes available enter "Y" on next to the size (youth only available in medium & large).

**Release of Liability**

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executors, and administrators, waive any and all rights and claims for damages I may have against individuals associated with this event, its agents, representatives, successors and assigns, for any and all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signed \_\_\_\_\_ Date \_\_\_\_\_

(Parent/Guardian signature required if under 18 years of age)